

Today's Palmer

NORTHAMPTON COUNTY, PENNSYLVANIA

FEBRUARY
2025



PALMER POOL PASSES

Available at the Charles Chrin
Community Center
Details on page ...30



CAMP PALMER 2025

Details on page...27

Easter Egg Hunt

Details on page...22

Friday, April 18, 2025



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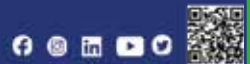
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Palmer Township

Palmer Municipal Building

3 Weller Place, Palmer, PA 18045

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For information about advertising

in *Today's Palmer*, please call

Denise Morano at 215-813-8361 or

email DeniseOfHTP@yahoo.com



HOLIDAY MUNICIPAL BUILDING CLOSINGS:

Monday, January 20, 2025
Martin Luther King's Day

Monday, February 17, 2025
President's Day

Friday, April 18, 2025
Good Friday

KIWANIS CLUB OF PALMER TOWNSHIP

Today's Palmer

While our club has a bit of a slower season each winter, we continue to meet regularly and plan our spring and summer activities. But first, a look back.



Kiwanis
CLUB OF PALMER TOWNSHIP

We were happy to participate in the September 7 Celebration to officially open the Palmer Kiwanis Youth Building. Our organization and a number other groups and individuals worked for several years to make this dream come true. It is a beautiful and functional facility that our community will be able to use for many years. Our club will be holding some meetings in the building, and we hope other organizations will take advantage of this great opportunity.

Each year our club provides eight scholarships to graduating high school seniors at Easton Area High School, Wilson Area High School, Notre Dame High School, and Career Institute of Technology. We also provide much needed funds to organizations that help the youth of local communities.

In order to help local students and organizations, the Kiwanis Club conducts a number of fund raisers each year. Here is how you can help us help you: Look for our announcements for the following events and join us to help raise much needed funds:



Pancake Breakfast and Craft Show
April 5 at Easton Area High School





Game and Food Booth at Palmer Days
August at Fairview Park

Annual Golf Outing
Date and Location to be determined in late September or Early October



You can also join us at our meeting each Wednesday morning at 7:30 for breakfast at William's Family Restaurant on William Penn Highway. And if you really want to be part of a fun and worthwhile organization, consider joining the Kiwanis Club of Palmer Township. We are the local chapter of an international service organization. Check out our website at palmerpakiwanis.org

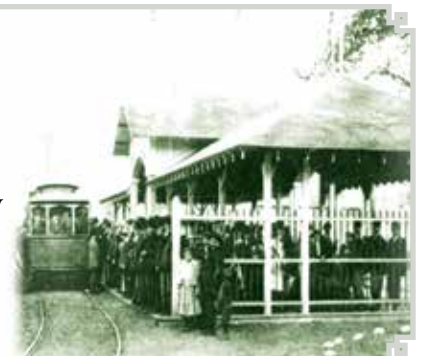
Join Us!

Attention History Buffs:

The Palmer Historical Society invites your membership and attendance at their informative and educational meetings, featuring local and area subjects of interest. Meetings are held in the Palmer Library 10:00AM to Noon February – May and September – November. Membership is \$5.00 per year and includes invitation to all events.

Interested?

Please contact Ed Dean at 610-253-2281



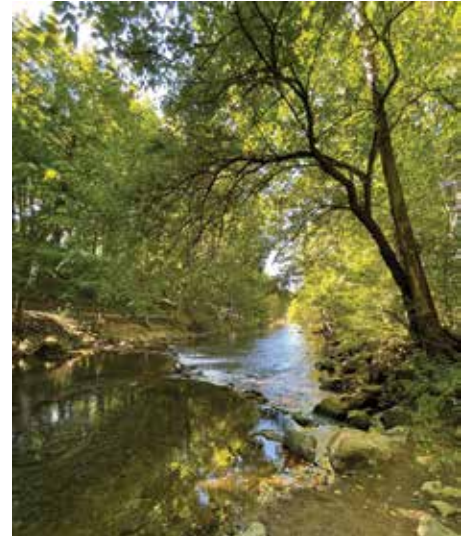
Protecting and Improving the Bushkill Creek Greenway

One of everyone's favorite parts of Palmer Township is the Bushkill Creek corridor. Home to scenic wildlife and nature, trails, and parks, this part of the Township offers a plethora of outdoor activities for all to enjoy. The Bushkill Creek is a High-Quality Cold-Water Fishery, making it a favorite for trout fishing. Nature observers can find a variety of animals along this stream, such as otters and bald eagles, along with a wide variety of flora and fauna that thrive in the mineral rich soils. For trail lovers, the Palmer Bikeway provides miles of paths for walking, running, and biking between Tatamy and Easton. Our bike path is well-known, being a part of the Two Rivers Trailway, THE LINK Trail Network, and the September 11th National Memorial Trail. And of course, many of our beloved parks line this corridor, such as Mill Race Park and Penn Pump Park.

Given how important this area is to Palmer Township, we want to ensure that it continues to be enjoyed for generations to come. That's why we are launching a **Bushkill Creek Greenway Corridor Study and Master Plan** this year to help guide the future of the parks, trails, and natural habitats along the Bushkill through the development of a Bushkill Creek Greenway. A greenway is a corridor of open space, parks, and trails that can connect people, parks, historic sites, and natural areas. They help promote and preserve precious open space and natural resources, as well as promoting healthy and sustainable communities. With this study, we will create a greenway plan to help us identify improvements, create maintenance and operation plans, and coordinate with our local partners to protect the stream and the natural environment.

Funded by Northampton County Livable Landscapes and state Local Share Account grants, this study will help us develop and improve our greenway network. We will work with a professional consultant to inventory and analyze the existing conditions of the area, land and water resources, wildlife, and park resources and facilities, then provide detailed recommendations on future improvements. Additionally, this study will involve master planning for all the parks and open spaces along the greenway, allowing us to find grants and funding to make these suggestions a reality. The study will ensure that we have the right tools and resources to make sure that our beloved natural resources are protected and improved for current and future residents to enjoy for decades to come.

The most important part of this study is hearing your thoughts and ideas on what you'd like to see for the Bushkill Creek Greenway. As we start this process later in the year, we will provide many public engagement opportunities to ensure that everyone's voice is heard in this process. We will hold several public meetings and community workshops, steering committee focus groups, outreach events and activities, and survey activities, as well as regular coordination with our Boards and Commissions and community groups. We encourage you to stay up-to-date with this study by following us on Facebook and checking our Township website, where we will be posting regular updates and information about upcoming events and information on this plan. Stay tuned for more on this exciting initiative!



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The Miracle League of Northampton County enjoyed a terrific fall season of baseball. We are very pleased to add two new board members. They are David Wolff who will be our Treasurer, and Dan McMahon. We wish to thank two board members who have decided to step down, Jennifer Dietrick and Terry Leh.

We enjoyed hosting our players and their siblings for a well-attended Christmas party on December 7 at the Charles Chrin Community Center. All of our players received a beautiful Miracle League quarter zip jacket, which was a hit. Our booster club did a terrific job setting up arts and crafts for our players and giving away gift baskets to those deserving for their excellent skills. The booster club will be planning a movie night and kickball game in the spring.

Our next event will be bowling on February 1, 2025, at Hampton lanes in Northampton. The next Miracle League Golf Tournament will be held at the Green Pond Country Club on May 19, 2025.

An Easton Rotary member has offered to redo the concession floor prior to the start of the spring season. We will also be looking to replace our welcome sign, and we will be receiving proposed artwork from Jeff Kiska from "And The Sign Says." We also have planned to change out the lights to a brighter LED.

One of our players, Nick Dorian, spoke to the Palmer Township Board of Supervisors on December 2, explaining to them what the Miracle League means to him. He received a proclamation, which was well deserved from the supervisors. Well done, Nick!!

Finally, it should be noted that we have 231 active players in our league.



REP. JOE EMRICK (137TH DISTRICT)

By Rep. Joe Emrick (R-Northampton)

We Are Here to Help You!

I hope you are having a great start to the new year. As always, I am grateful to serve as your State Representative in Harrisburg. My staff and I are ready to assist you with a variety of services that make everyday life a little easier, including:

- Driver's License and Registration Applications and Renewals.
- PennDOT Paperwork Assistance, including handicap placards and plates.
- Birth and Death Certificates.
- Unemployment Compensation Help.
- Property Tax and Rent Rebate Applications.
- Veterans Assistance Information.
- Referrals to Agencies for State-Related Matters.
- Complimentary Notary Services.
- Senior SEPTA Passes.
- Reduced Fee Vehicle Registrations for Retirees. (NEW max income amount \$29,906)
- Tax Forms
- Unclaimed Property

If we can be of assistance to you in any way, please do not hesitate to reach out. We are always happy to help!



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STAY SAFE: Slow Down and Be Cautious in Small Communities – Animals Are on the Move

As the seasons change, wildlife, including deer, foxes, skunks, raccoons, groundhogs, squirrels, and other animals (including domestic pets) that are often seen in the Palmer area are often on the move in search of food. This is particularly true in small communities, where wooded areas and open spaces are close to roadways. Whether you are driving or walking, it's important to stay alert and exercise extra caution.

For Drivers:

In rural or suburban areas such as Old Orchard, Palmer Heights, and Bushkill Drive, animals, especially deer, may unexpectedly crossroads. They often travel at dawn or dusk when visibility is reduced, and they may not see you approaching. Driving too fast can lead to tragic accidents, both for the animal and for the driver. If you are behind the wheel, reduce your speed and stay vigilant, especially near wooded areas over by Palmer Heights, the Newlins Mill farm fields, or any spots where wildlife might be active. Always be prepared for the possibility of an animal darting across the road at the last moment. If you happen to hit an animal, remain calm and contact the appropriate authorities. Depending on the location, be sure to know which state, county, or local road you are on, so you can make the emergency call to the right agency.

For Pedestrians:

When walking through these areas, animals might also be startled by your presence. If you encounter deer or even smaller animals, give them space to move away. Do not approach or try to interact with them, as this can cause them stress and make them behave unpredictably. If you are out early or late, remember that animals may be searching for food and are more likely to be crossing paths with you.

Whether you are walking or driving, slowing down and staying alert is key to keeping both you and the local wildlife safe. Together, we can ensure that our communities remain safe and welcoming for all.



PALMER PARKS AND RECREATION DEPARTMENT INFORMATION

It is the Parks & Recreation Department's goal to provide citizens with a safe environment in which recreational opportunity can be maximized. Due to the wide variety of patron needs and use of Township property, it is necessary to establish the following rules and regulations.



EVENT REPRESENTATIVE MUST HAVE PERMIT WITH THEM FOR DURATION OF THE EVENT.

Reservations: Will be available to Palmer residents only for the month of January, beginning on January 2nd, 2025 at 9:00am. Park rentals will become available to the general public on February 3rd, 2025 at 9:00am. All reservations must be completed in person at the Charles Chrin Community Center of Palmer Township, located at 4100 Green Pond Road Palmer, PA 18045, Phone: 610-252-2098 ***Pavilion rentals are prohibited during Palmer Community Weekend.**

FEES:

- **PENN PUMP:** There are 2 permits available per day at Penn Pump Park. Penn Pump permits allow the consumption of alcohol and access to restrooms. Rental time 8:00am–10:00pm
 1. **Penn Pump Pavilion Permit** *Not to exceed 150 people. Allows parking near the pavilion and pavilion access. **Residents \$100.00**

2. **Penn Pump Picnic Permit** *Not to exceed 50 people, required for 10 or more people.

Picnic permit for Penn Pump allows access to tables outside of the pavilion.

Residents \$50.00

- **RIVERVIEW:** Permit for Riverview Park allows the responsible use of alcohol. Rental time 8:00am–10:00pm.

Residents \$100.00 & Non-Residents \$175.00

- **BIP PAVILION, BRIARCLIFFE, FAIRVIEW, KEYSTONE, & MILL RACE** – Alcohol prohibited. Rental time 8:00am–10:00pm

Residents \$75.00 & Non-Residents \$150.00

***Briarcliffe is unavailable for rent on weekends from Memorial Day to Labor Day**

EASTON AREA PUBLIC LIBRARY - PALMER BRANCH

1 Weller Place, Palmer, PA 18045 • 610-258-7492 • www.eastonpl.org

Library News:

Visit the library's online event calendar for a full schedule of all our upcoming activities!

View our full program schedule and register for programs online!

Find the calendar by visiting www.eastonpl.org or bit.ly/EastonCal

PROGRAMS FOR ADULTS

Read It and Eat It: Cookbook Club

For each meeting, choose a cookbook following the monthly theme and share your favorite recipe. Each member cooks one dish from the book and brings it to the library so everyone can sit down together and discuss the book while sharing their homemade dishes. Meets select Saturdays at 11:30am. Registration is required.

Saturday, February 15 – Heart Healthy

Saturday, March 29 – Potatoes

Saturday, April 26 – Picnic Foods

Medicare Talk with Devoted Health

This **FREE** information session will provide a comprehensive educational discussion on how Medicare works and what is covered. Get answers before you make changes to your plan. Coffee and light refreshments will be available. Registration is appreciated but not required.

Monday, February 10 • 10:30am

Paint Night at the Library



Make your own masterpiece with guided instructions and create a seasonal painting to take home. All materials will be provided. Registration is required.

Wednesday, March 26 • 1:00 and 6:00pm

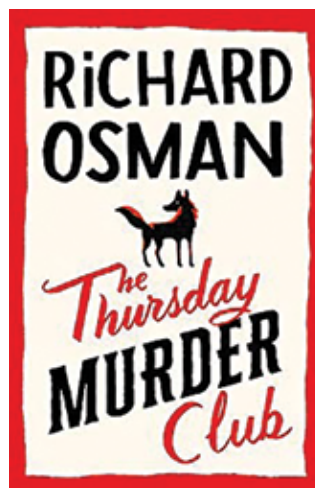
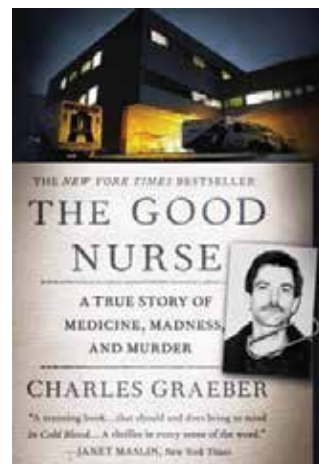
PALS (Palmer Adult Library Support)

The Palmer Branch invites adults with developmental disabilities to be an integral part of our library community. We offer daily opportunities for learning, creativity, fun, and friendship. Activities include art/crafts, games and puzzles, fidgets, and simple STEM activities. Visit the Palmer Branch anytime to participate in PALS!

Valen-Crimes Week

Calling all crime solvers! Dive into true crime and crime fiction with a week of events!

- **Monday, February 10 at 1:00pm** – Killer Reads: The Good Nurse by Charles Graeber
- **Tuesday, February 11 at 1:00pm** – Killer Reads: The Thursday Murder Club by Richard Osman



- **Wednesday, February 12 at 6:00pm** – Investigative Trivia
- **Thursday, February 13 at 6:00pm** – Crime Solving Using Genetic Genealogy with presenter Elyse Ross

Monthly Book Groups for Adults

- **Forever Young Adult Book Group** – meets the third Wednesday of the month at 6pm
- **Tuesday Night Book Club** – meets the fourth Tuesday of the month at 6pm
- **Diverse Voices** – meets virtually the fourth Thursday of the month at 7pm



PROGRAMS FOR ALL AGES

Awful Art

Create a disaster-piece! Come make the worst art you can imagine with provided materials and anything wacky you want to bring in. It's all the fun of making art with none of the pressure! For kids, teens, and adults ages 8 to 108! *Registration is required.*

Saturday, March 15 • 11:00am



Cards and Cookies

Join us for an opportunity to say thank you to our military service members stationed overseas. During this event, participants will have the opportunity to use pre-made cards or craft their own and write uplifting and encouraging messages for our troops. All cards made during the event will be sent overseas with the help of Support the Troops, Inc. Light refreshments will be served. For kids, teens, and adults. *Registration is required.*

Saturday, April 12 • 11:00am

CHILDRENS PROGRAMMING

Don't forget to visit bit.ly/eastoncal for our full program schedule!

Weekly Storytimes

Registration is not required for weekly storytimes.

Little Storytime

Ages 0-2.
Mondays at 10:00am

Big Storytime

Ages 3-5. Tuesdays and
Thursdays at 10:00am

National Polar Bear Day Program

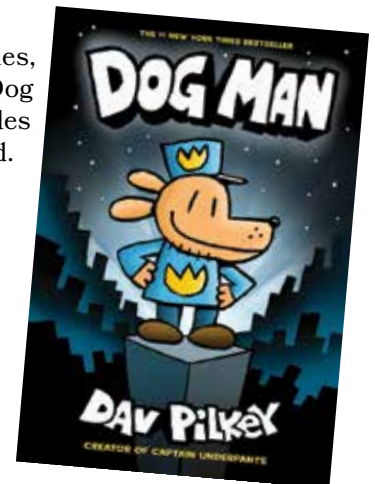
Did you know in 1973 the United States, Canada, Denmark, Norway, and Russia signed an agreement to protect polar bears? Learn more while we explore science and stories about polar bears and their habitats. For ages 5-10. Registration is appreciated but not required.

Thursday, February 27 5:30pm

Dog Man Afternoon

Supa dupa games, activities, and crafts for fans of the Dog Man book series! For grades K-6. Registration is required.

Thursday, March 14 1-3



Homeschool Happenings

For homeschoolers ages 5-12. Meets the first Monday of the month at 1:00pm. Registration is required.

February 3 – Time Travel to Ancient Greece

March 3 – Crime Scene STEM

April 7 – Garden Growers

Upcoming Library Closures

Closing Monday, February 17th

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SEASONAL TIPS FOR PREVENTING AND TREATING SEASONAL ALLERGIES:

Prevention

- 1. Avoid Triggers:** Stay indoors on high pollen days, keep windows closed, and use air conditioning to filter the air.
- 2. Monitor Pollen Counts:** Check daily pollen forecasts and plan outdoor activities when counts are lower.
- 3. Shower and Change Clothes:** After being outside, shower and change clothes to remove pollen from your body and hair.
- 4. Use Air Purifiers:** Invest in a HEPA air purifier to reduce indoor allergens.
- 5. Keep Indoor Air Clean:** Regularly clean floors with a vacuum cleaner that has a HEPA filter.

Treatment

- 1. Over-the-Counter Medications:** Antihistamines, decongestants, and nasal sprays can help relieve symptoms.
- 2. Nasal Irrigation:** Use a saline solution to rinse your nasal passages and remove allergens.
- 3. Allergy Shots (Immunotherapy):** Consider allergy shots if your symptoms are severe and not relieved by other treatments.
- 4. Eye Drops:** Use over-the-counter or prescription eye drops to relieve itchy, watery eyes.
- 5. Natural Remedies:** Some people find relief with natural remedies like butterbur or quercetin, but consult your doctor before trying these.



Lifestyle Adjustments

- 1. Wear Sunglasses and Masks:** Protect your eyes and reduce inhalation of pollen when outdoors.
- 2. Keep Pets Clean:** Pets can bring pollen indoors, so bathe them regularly during allergy season.
- 3. Stay Hydrated:** Drink plenty of water to help thin mucus and keep your nasal passages moist.

SUBURBAN EMS

FEBRUARY IS HEART HEALTH AWARENESS MONTH

Heart disease is the leading cause of death in the U.S., so let's keep our heart healthy with some tips:

Reference:

<https://www.healthline.com/health/healthy-heart-tips>.

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/aha-diet-and-lifestyle-recommendation>

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/aha-diet-and-lifestyle-recommendations>.

<https://www.healthline.com/health/healthy-heart-tips>

Diet	Exercise	Lifestyle	Mental Health
Eat a variety of fruits and vegetables: Aim for a colorful plate to ensure you're getting a range of nutrients.	Stay active: Aim for at least 150 minutes of moderate exercise or 75 minutes of vigorous exercise each week.	Quit smoking: Avoid tobacco products and secondhand smoke	Stay connected: Maintain social connections and engage in activities that bring you joy.
Choose whole grains: Opt for whole-grain bread, pasta, and cereals.	Incorporate physical activity into your daily routine: Take the stairs, park further away, or go for a walk during breaks	Manage stress: Practice relaxation techniques like meditation, yoga, or deep breathing exercises.	Get enough sleep: Aim for 7-9 hours of quality sleep each night.
Include healthy proteins: Focus on plant-based proteins like legumes and nuts, as well as fish, seafood, and lean meats.		Maintain a healthy weight: Balance your calorie intake with physical activity to manage your weight effectively	
Use healthy fats: Incorporate non-tropical vegetable oils such as olive, canola, and sunflower oils.			
Limit added sugars and salt: Reduce your intake of sugary drinks and snacks, and be mindful of sodium in processed foods.			
Eat nuts: Almonds, walnuts, and other tree nuts are great for heart health, but keep portions small due to their high calorie content			



Looking Ahead**New Recycling Center
Opening Soon!**

Palmer residents will be able to utilize the Township's new Recycling Center in the coming months! We are hoping to be able to open the center in early 2025. The new center will accept the same materials, but will provide service in a much easier and safer manner than the existing facility.

The new facility will be located next to the current center and will have the same hours of operation (seen below). We are excited to open this facility for the residents of Palmer Township!

**How much money
has Palmer received
for its recycling
efforts?**

To date, Palmer Township has received a total of \$3,814,737 in grant money from the Pennsylvania Department of Environmental Protection. This money is used to purchase equipment like trash and recycling totes, leaf collection machinery, and it is also used to fund the continued development of the new recycling center! A huge thank you to all the residents and businesses who continue to support and take part in Palmer's recycling program!

**Save the Date!!!
April 19th, 2025**

The Palmer Township Environmental Steering Committee will be celebrating Earth Day on April 19th, 2025 from 10am - 2pm at Fairview Park! Join our Earth Day celebration and have a chat with various vendors, presenters, Township staff and committee members. We hope to see you there!



www.palmertwp.com

Palmer Township Trash and Recycling Guide

Pictured above: Annual grinding of yard waste at the Berks Street Yard Waste Facility

**Is your trash/recycling
toter damaged?**

Call the Municipal Building at (610) 253-7191 to report the damage and we will have a Public Works crew come out to your property to fix/replace the toter.

Our crews have processed over 1,600 work orders since March of 2024, so please be patient when awaiting your repair or replacement!

Recycling Drop-Off Locations**Open to Palmer Township Residents & Businesses only****Hartley Avenue Recycling Center**

3600 Hartley Avenue, Palmer, PA 18045

Hours of Operation:**Year round**

Monday, Wednesday, Friday - 8am-4pm
Saturday - 10am-3pm
Sunday - 12pm-4pm

Accepts paper, cardboard, plastic bottle & containers, glass, cans, scrap metals, and yard waste (no more than 3 small bundles, no larger than 3'x3' and not exceeding 40 lbs.) per visit.

2025 Important Dates

Bulk Item Collection - Weeks of March 3, May 12, September 8, and November 17

Metal and Appliance Collection - Weeks of April 14 and September 22

Yard Waste Collection - Weeks of June 2 and November 3

Leaf Collection - 8 weeks during the fall, weather depending

Christmas Tree Collection - First three full weeks of January.

2025 Holiday Collection Delays - Memorial Day, 4th of July, Labor Day, Thanksgiving, Christmas and New Year's Day

Berks Street Yard Waste Facility

Berks Street, Palmer, PA 18045

Hours of Operation:

Dec., Jan., & Feb. - 1st Sunday of the month - 12pm-4pm
March - Every Sunday - 12pm-4pm
April-November - Saturday - 10am-4pm, Sunday - 12pm-4pm,
Wednesday - 9am-3pm

Accepts large amounts of yard waste for a small fee. NO plastic rope, bags or twine. NO grass clippings, tree stumps, soil, dirt, sod, wood, animal excrement, or noxious weeds including bamboo roots. Tree limbs must be less than 12" in diameter.

Questions or concerns? Reach out to the Municipal Building at (610) 253-7191 to have your question addressed

BUSINESS, INDUSTRIAL AND PROFESSIONAL ASSOCIATION TOWNSHIPNEWS

The BIP held their 47th Annual Awards Banquet on Thursday, November 7, 2024, at Elpedio's Restaurant at the Historic Seipsville Inn. The following are the 2024 award recipients:

Congratulations!

Booster Award – Bob Blanchfield

Community Service Award – Earth Stewards of Palmer Township

Civic Trust Award – The Coop Sports Bar & Kitchen

Civic Trust Award – John Tracy Trupiano Building Complex



Please visit: <https://bippalmer.org/awards-banquets/> for complete biographies of each organization's milestones. We congratulate each recipient and thank you for your continued support and dedication to Palmer Township. Deb Young, Awards Banquet Committee Chair, presented awards to each recipient.



Bob Blanchfield



Ken Starace & John Marks



John & Tracy Trupiano



BJ Metz and Jeff Kicska

Also at the banquet, Palmer 5K Race Director, Jeff Kicska, presented a check for \$11,000.00 to BJ Metz, President of the Northampton County Miracle League. The donation is proceeds from the 2024 Palmer 5K Race that was held August 17, 2024, during Palmer Community Weekend. The BIP would like to thank our Board of Director's member, Jeff Kicska, for his time in making this event successful year in and year out.

The BIP held their annual Golf Outing on Monday, September 9, 2024, at Southmoore Country Club. This is the BIP's largest annual fundraiser and we are happy to report proceeds of \$13,040 from this year's event. Each year the committee uses these funds for charitable projects or improvements within Palmer Township. Their most recent donation went toward the Kiwanis Youth Center of Palmer Township project. Other past BIP projects over the years included: community playgrounds, community pavilions, Palmer Library beautification project, and dog waste stations and benches along the township bike trails. Thank you to all our golfers, sponsors and volunteers that make this annual event a success for our organization.

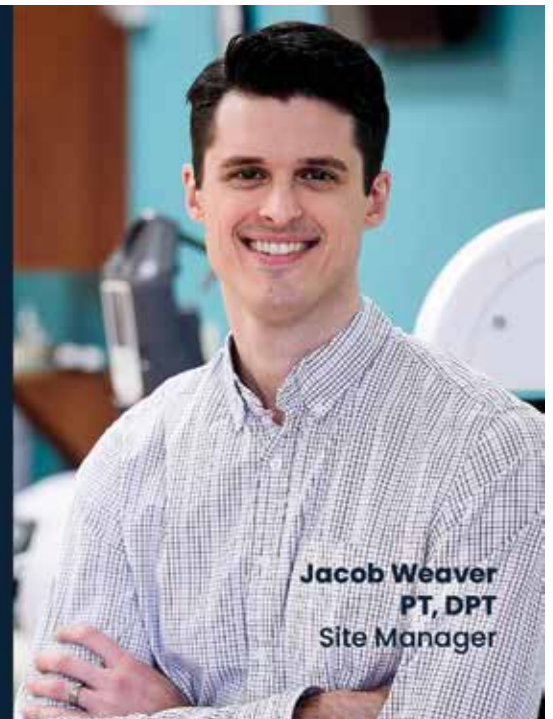
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**Jacob Weaver
PT, DPT
Site Manager**

The “**Palmer Proud Program**” is a community wide litter collection effort wherein we are seeking volunteers to coordinate a local neighborhood, or specific area cleanup of all litter found along the street, trail, park, church grounds and/or assisting a neighbor who can no longer adequately maintain their property, and through your actions coordinating a team effort via your church, civic organization, or friends and neighbors to assist your less fortunate neighbor maintaining the appearance of their property. Which enhancement increases the value of your and your neighbor's properties.

We are all residents of the Commonwealth and Palmer Township. We are all concerned about increased taxes and fees. One way to ensure that, as a community, we keep our taxes down is to become a **VOLUNTEER**. Each of the Township's Committees are composed of volunteer residents. The Palmer Township Fire Department has only one paid employee, the remainder of the firefighters are volunteers. We all have hectic lives, children's activities, family health care issues. Yet if you do not volunteer to enhance your community, your neighborhood, do you expect others to do it for you?

The community wide cleanup is scheduled for **Saturday, 23 August 2025**. You can register your participation and/or organized group activities at: earthstewardsofpalmer.com We ask that you provide your contact information and the location(s) you will be clearing litter or how you will be assisting a neighbor maintain their property. If you would like to join us during one of our other cleanup events, please go to earthstewardsofpalmer.com and if your schedule allows, please join us!

In order to keep the Township's trails clear of litter the Earth Stewards collects litter from the trail's right-of-way. As a user of the trails you should identify where the Township's trash barrels are located and carry out what you carry in. Dog owners, thank you for collecting your dog's waste but throwing it and the plastic bag into the woods is not the environmentally sound way to properly dispose of dog litter; wouldn't you agree?

Palmer Proud is an effort to raise community awareness of the major issue faced by all of us, relating to the increased amount of litter found along our roadways, trails, parks and public entities all of which as an adverse impact upon your and your children's environment.



Your participation will be greatly appreciated! **IF NOT YOU, THEN WHO?**

As an introduction of **Palmer Proud** the Earth Stewards of Palmer has been making presentations before each of the Township's Committees. We hope to bring each of them into play during the community wide cleanup because each of them has an interest in community wide issues. The actions of the various Township Committees have direct and indirect impact upon all of the other Committees. We would like to make our **Palmer Proud** presentation before as many civic, community, and religious organizations as possible to garner their support and involvement within the **23 August 2025** community wide cleanup. If you would like to learn more about Palmer Proud and have us make a presentation before your organization, please e-mail earthstewardsofpalmer@gmail.com

The next step is left up to you, the community. You moved to Palmer for a multitude of reasons, one of which was the environment with its many parks, walking trails and easy access to highways, shopping, and medical facilities. We ask that you take pride in your community; be a leader and teacher. Lead your neighbors in a cleanup of the immediate block, neighborhood, park; as well as teach your children and neighbors how to be a good neighbor and clean up the litter others thoughtlessly leave behind, for if **NOT YOU, WHO?**

IF NOT YOU, THEN WHO?



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QUOIZEL



3rd Annual Arbor Day Celebration Friday April 25th at the Palmer Library



This fun, family-friendly event will highlight the importance of trees and their impact on our environment.

Tree Planting Demonstration: Learn how to plant and care for trees to ensure they thrive.

Educational Talk: Learn about Arbor Day and the importance of planting and maintaining trees.

Hands-On Activities: Activities will be available for all ages.

Giveaway: There will be a raffle!

The Shade Tree Commission is excited to be partnering with the library again as we celebrate Arbor Day! Whether you're a budding naturalist or just love spending time outdoors, there's something for everyone to enjoy! Watch for news about this event on the Township's website and official Facebook page.

Native Trees vs. Ornamental Trees

Have you heard of these terms before? Do you know what they mean?

Native trees are tree species that naturally occur and have evolved in a specific geographic region or ecosystem over a long period of time, without human introduction. Native trees are well-adapted to the local climate, soil, and environmental conditions and they play a vital role in supporting local biodiversity by providing food, shelter, and habitats for native wildlife.

An **ornamental tree** is a tree species primarily planted for its' attractive features such as colorful flowers, vibrant foliage, unique shapes, or appealing bark, and are commonly used in landscaping and garden design to enhance the beauty of outdoor spaces.

Why is planting native trees preferred?

Pennsylvania is lucky to have so many great native trees. There is overwhelming evidence that native species of trees, bushes, flowers, and grasses fare better against disease, changes in climate, and infestation.



Some common native tree species in Pennsylvania include the Eastern Red Cedar, Sugar Maple, White Oak, Red Oak, American Beech, and Black Cherry. Spring is a great time to plant trees – consider planting natives!

Charles Chrin Community Center News



4100 Green Pond Road Palmer, PA 18045 • 610-252-2098 • www.palmercommunitycenter.org

COMMUNITY CENTER CLOSINGS:

Monday, January 20, 2025 – Martin Luther King Day

Monday, February 20, 2025 – President's Day • Friday, April 18, 2025 – Good Friday

UPCOMING EVENTS & PROGRAMS:



- **Seniors Pinochle with a Twist:** Join us Tuesdays 12:30 - 4:00 pm to play double-deck pinochle for fun with a few of our own special rules. No worries, the basics are all there, and we'll teach you the "twists." We prefer playing 4-handed but divide the group as needed, so sometimes you might be playing 3-, 5-, or 6-handed. Don't worry if it's been a while or if you only played one way; we will teach you. Come share in the fun and laughter; it's a great way to spend an afternoon! Questions? Email chrinpinochle@gmail.com.
- **Mah Jongg:** Are you looking for a friendly game of American Mah Jongg? We play just for fun on Mondays, Wednesdays and Fridays from 1:00pm – 3:00pm at the Charles Chrin Community Center. Please bring your own game if you have one, but not necessarily needed. Join our Facebook group "Easton Pa One Bam Bird" for notifications of any schedule changes. Any questions, text El at 908-884-7066.
- **Greater Lehigh Valley Chapter of the American Sewing Guild:** Meets 2nd Thursday of every month, no meetings May, July, or August - 10:00am-1:00pm 
- **Penn Rose Quilt Club:** Meets 1st Wednesday of each month, 10:00am, no meetings January or February
- **URW:** Meets third Tuesday of each month, 9:00am, no May, September or December meetings
- **Red Cross Blood Drive:** Friday, February 7, 12:00pm – 7:00pm
- **St. Patty's Day Zumba:** Wednesday, March 17th, 7:00pm-7:50pm 
- **Eggs Original Show:** March 22nd and March 23rd
- **Slot Car Show:** Saturday, April 5th, 10:00am – 2:00pm, for more information visit www.valleygoto.com or email mosttrains@yahoo.com
- **The Knife Show:** Saturday, April 12th and Sunday, April 13th. For more information, visit www.paknifeshow.com. You can buy, sell, and display knives.
- **Easter Egg Hunt:** Friday, April 18th, 10:00am and 11:00am
- **Northampton County Senior Awards:** April 24th
- **Cat Show:** April 26th and April 27th
- **Toy Show:** Saturday, May 3rd, 10:00am – 2:00pm, for more information visit www.valleygoto.com or email mosttrains@yahoo.com
- **Dream...Believe...Dance Recital:** Sunday, May 18th 

World-Class Emergency Care on Hecktown Road



No matter your medical emergency, there's a state-of-the-art hospital in your neighborhood that can handle it all – from a broken arm to stroke and everything in between.

Kid-specific space | Level IV Trauma Center | Acute Stroke Ready
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LVHN.org/hecktownnoaks
3780 Hecktown Road, Easton





Birthday Parties

Join us for your child's birthday party! We provide two trained party coordinators who are ready to get kids moving and excited. We take care of set up and clean up to ensure a stress-free event. We provide pizza, juice, and all paper products. ***Birthday Cake is not provided.**

Children will have the opportunity to play on different gymnastics equipment, including bars, beam, trampoline, and the air trak. They will also play games and play with the parachute! You may have a child that is interested in sports, so we can incorporate the sports theme into your child's special day! After one hour of play time, the party coordinators will escort the children to the food area, where they will serve the children pizza and juice. Don't worry about clean up! The coordinators take care of that in addition to bagging all the birthday gifts to take home!

Please contact Brenda at 610-252-2098 for more information.

PRICING

Basic-up to 20 Children.....	\$275.00/Resident
	\$325.00/Non-Resident
Each additional child	\$5.00
Additional Pizza	\$15.00 each
Weekday birthday party	\$250.00 (Monday-Friday— Daytime parties based upon availability)

PARTY HOURS

*All dates & Times
vary based upon
availability.*



CHRIN COMMERCE CENTRE

Building bridges between business, industry and our community

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ROUTE 33 CHARLES CHRIN INTERCHANGE
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- Mondelez
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- WoodSpring Suites

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Charles Chrin Community Center News



Silver Fitness Schedule



Charles Chrin Community Center of Palmer Township, 4100 Green Pond Rd., Palmer, PA 18045

Monday	1:00pm-1:45pm	Zumba Gold August
Tuesday	1:00pm-1:45pm	Silver Core Stretch August
Wednesday	1:00pm-1:45pm	Zumba Gold Toning August
Thursday	1:00pm-1:45pm	Silver Bootcamp August
Friday	1:00pm-1:45pm	Silver Yoga Becky

Our Silver Pass is \$20/month
(includes access to the Fitness Center
and all Silver Fitness Classes only)

Drop-in Fee is \$3/class

***Check eligibility through your
insurance for Silver & Fit, Active & Fit,
Renew Active, Silver Sneakers, or
Healthways.**

*****We also offer FREE quarterly social
events!*****

You can find more information at
www.palmercommunitycenter.org or
call 610-252-2098

Zumba Gold – Latin-inspired, dance fitness program designed for the active older adult, beginner participant, pregnant women, those who need modifications, arthritis sufferers, and those recovering from injury. This is a fun, feel-good, party-like class.

Silver Bootcamp – This is a great way to increase strength, flexibility, balance & coordination. Pilates is regarded as an ideal exercise regimen for people in or over their 50's due to low-impact exercise. Benefits are improved posture, stamina, and strength.

Zumba Gold Toning – "Muscle Toning for the Young at Heart", combines the cardio element of Zumba Gold with strength training techniques.

Silver Core Stretch – A full body stretch using movements that flow smoothly to increase flexibility, decrease muscle tension, develop core strength, and improve muscular balance.

Silver Yoga – This class will begin with a short breath practice and then work up to a mindful flow ending in a relaxing shivasana. Participants will explore getting into and out of different yoga postures and how to make adjustments when necessary. This class will use props, explore variations, and work on balance while increasing both strength and flexibility. No prior yoga experience necessary - all levels welcome! Come explore the beautiful blend of breath and movement to open up the body and enhance mobility.

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Fitness Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	The Works 9:15-10:00am August	Yoga 9:30-10:20am Becky	The Works 9:15-10:00am August	Yoga 9:30-10:20am Becky		
	Zumba 10:30-11:20am August	Zumba Toning 10:30-11:20am August	Zumba 10:30-11:20am August	Bootcamp 10:30-11:20am August	Zumba 10:30-11:20am August	
<i>Silver Fitness Classes!</i> ➡ <i>See full schedule for more details.</i>	Zumba Gold 1:00-1:45pm August <i>Silver Class</i>	Silver Core Stretch 1:00-1:45pm August <i>Silver Class</i>	Zumba Gold Toning 1:00-1:45pm August <i>Silver Class</i>	Silver Bootcamp 1:00-1:45pm August <i>Silver Class</i>	Silver Yoga 1:00-1:45pm Becky <i>Silver Class</i>	
	Zumba 7:00-7:50pm Lisa		Zumba 6:00-6:50pm Lisa			
						

FIT PASS: \$40.00/month

FP includes unlimited classes & use of the fitness center

FIT CARD: 10 Classes/\$50.00

Fit Card does not expire

SILVER PASS: \$20/month

SP includes unlimited silver classes & use of the fitness center.

WALK-INS: \$5.00/class

SILVER WALK-INS: \$3.00/class

•NO REGISTRATION FEES

•NO YEARLY CONTRACT

•MONTH-TO-MONTH PAYMENT

We also accept Silver Sneakers, Silver & Fit, Active & Fit, Renew & Fit, Healthways, Health Plan Partners with qualifying insurance. Contact your insurance provider to see if you are eligible.



*Watch for upcoming special events throughout the year!

"Like" us on Facebook to stay connected with our up to date information

including cancellations and class changes!

4100 Green Pond Rd. Palmer, PA. 18045 - www.palmercommunitycenter.org - 610-252-2098

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Ryan Stocker

Licensed Insurance Agent

(610) 216-0787

RStocker@HealthMarkets.com

HealthMarkets.com/local-health-insurance-agent/rstocker/



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Thank you

Palmer Township gratefully acknowledges the generosity and support of the businesses and individuals who have placed advertisements in our newsletter. This newsletter has been designed and printed at no cost to you, our residents. We encourage you to patronize these businesses as they play a vital role in the economic stability of our community.

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Easton, Pennsylvania 18045



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www.FineganFuneralHomePA.com



About

Welcome to Dream..Believe..Dance of Palmer Township!

Embark on a journey where every step is a beat, and every beat sparks a dream. With over 30 years of teaching excellence, we're not just a dance studio; we're a family that grows with every pirouette and plié.

From the joyful leaps of our littlest dancers to the graceful turns of our competitive performers, we offer a kaleidoscope of classes for all who seek to express, explore, and excel.

Join us, where the rhythm of passion meets the stage of possibility. Dream big, believe in yourself, and let your dance soar at Dream..Believe..Dance of Palmer Township!

Winter/ Spring sessions

Winter 1, Spring 1 and 2

1/6-5/17

No New Enrollment

Summer Session

6/16-7/25

Schedule will be posted in the May Newsletter.

Tuition Rates

Cost per 6 week session

30 min - \$87.00

45min - \$99.00

60 min - \$111.00

75 min - \$123.00

90 min - \$153.00

Unlimited - \$200.00

Private Class Rates

Miss Justine

30 min - 30 per class

45- min - 40 per class

Miss Abby and Miss Abby

30 Min - 25 per class

45 min - 35 per class

Half of the cost of the private class gets paid directly to the community center.

DREAM BELIEVE DANCE



SUMMER REGISTRATION OPENS MAY 1ST

Current Schedule

Monday

5:15-6

JUNIOR LEVEL JAZZ AND
LYRICAL
AGES 9-12

6-7PM

ACRO/TUMBLE
INTERMEDIATE/ADVANCED
*CERTAIN SKILLS REQUIRED

7-8:30

TEEN COMPETITION

Tuesday

5:15-5:45

PRINCESS BALLET
PRE-BALLET AGES 3-5 WITH
NO OR LITTLE EXPERIENCE

5:50-6:50

BALLET, TAP AND TUMBLE
LEVEL 1
AGES 4-6 WITH SOME
EXPERIENCE

5:50-6:50

7-8PM

BALLET, JAZZ, AND TUMBLE
LEVEL 2
AGES 5-10 WITH EXPERIENCE

Wednesday

5:15-6

HIP/HOP/STREET JAZZ
AGES 5-10
BEGINNER

6-6:45

ACRO/ TUMBLE LEVEL 1
BEGINNER
AGES 5-12

Thursday

4-5 - MINI COMP TEAM
5-5:30 PRIVATE

5:30 - 6:15

JUNIOR COMP
5:50-6:50

6:15-7:15

BALLET
AGES 10-18

7:15-8:00

JUNIOR/TEEN LEAPS, TURNS
AND TRICKS
AGES 10-18

8-8:45 PRIVATE



For questions, please email Miss Justine missjustine@dreambelievedance.com

Register at <https://dancestudio-pro.com/online/dbd>

Charles Chrin Community Center News



WITH THIS BALL

****Elevate Your Game****

Join **WITH THIS BALL (WTB) Basketball Training Program** Designed for all youth and teens from beginner to advanced Improve your skills with our comprehensive development program Grow on the court, as leaders and individuals of strong character Experience a focus on **FUNDAMENTALS** including:

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*Private, semi-private, and group sessions available

*Flexible options of daily and weekly sessions

Don't miss this opportunity to transform your game today!

Contact Coach Ben for more details and to reserve your spot!

Coachben@withthisball.com • 347-433-7185



Easter Egg Hunt

at the CHARLES CHRIN COMMUNITY CENTER

FRIDAY, APRIL 18, 2025
(RAIN DATE SATURDAY, APRIL 19, 2025)

10:00am - Ages 2-5
11:00am - Ages 6-8

PALMER RESIDENTS INVITED!

COME AND MEET THE EASTER BUNNY!

BRING YOUR OWN BASKET!



Kinermusik®

Sing. Move. Bond. Grow.

SPRING SESSIONS

REGISTER AT THE FRONT DESK OF
CHARLES CHRIN COMMUNITY CENTER

SESSION 1:
MARCH 18TH - APRIL 8TH

SESSION 2:
APRIL 22ND - MAY 13TH

LEVEL 1 (AGES 0-2) AT 10AM
LEVEL 2 (AGES 2-4) AT 11AM



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Pickleball

Learn to Play...
or Improve
your Current
Game



**Spring Pickleball Lessons are Available
at the Charles Chrin Community Center**

**BEGINNER CLASSES –
WEDNESDAYS- 11:00AM – 1:00PM**

*(includes: First Hour Instruction & Second Hour
Instructional Game Play)*

Spring Session 1: March 5th – March 26th

Spring Session 2: April 2nd – April 23rd

Spring Session 3: May 7th – May 28th

**INTERMEDIATE CLASSES – WEDNESDAYS –
9:00AM – 11:00AM**

Spring Session 1: March 5th – March 26th

Spring Session 2: April 2nd – April 23rd

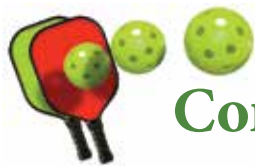
Spring Session 3: May 7th – May 28th

**Minimum of 4 people to run session but will
take up to 8 people.....**

**Register early at the Charles Chrin
Community Center and make payment.**

Any questions, please call 610-252-2098

\$100 (per 4 week session)



Come & Play... PICKLEBALL

Never heard of Pickleball?

Pickleball is the fastest growing sport in the United States.

Popular with all ages, it is played with 2 or 4 people on a court about 1/2 the size of a tennis court.

Some people say it's like a hybrid of tennis and ping-pong.

You play with a Pickleball paddle and a special type of whiffle ball.



SESSIONS: 9:30am, 10:45am, 12:00pm, 1:15pm

Mondays, Tuesdays, Thursdays, and Fridays

MUST PRE-REGISTER VIA SIGN-UP GENIUS:

<https://www.signupgenius.com/go/10c0d48aba622a7f4c70-indoor1>

- One Hour Court Time (no walk-ins accepted)

Payment Options:

- Palmer Residents - \$20.00 per hour court time. ID necessary for resident rate.
- Non-Residents - \$30.00 per hour court time
- Cash, check, and credit card will be accepted. Payment must be made at the front desk before playing.
- Insurance will no longer be accepted.



***THE CHARLES CHRIN COMMUNITY CENTER
OF PALMER TOWNSHIP
WOULD LIKE TO SAY A VERY SPECIAL THANK YOU TO
LOCAL BUSINESSES, ORGANIZATIONS, AND
COMMUNITY MEMBERS WHO HELPED TO MAKE OUR
3RD ANNUAL TRICK OR TREAT TRAIL EVENT POSSIBLE!***

*Thank
you*

PALMER MUNICIPAL FIRE DEPARTMENT
PALMER TOWNSHIP POLICE DEPARTMENT
PALMER TOWNSHIP KIWANIS
PALMER TOWNSHIP ATHLETIC ASSOCIATION
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ST. LUKE'S CHILDREN'S HOSPITAL
TGI FRIDAYS-EASTON
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REGAL CINEMAS NORTHAMPTON CROSSINGS
FITNESS BY AUGUST
SALON BRONZE OF PALMER TOWNSHIP
BETHEL MEMORIAL BAPTIST CHURCH
DREAM...BELIEVE...DANCE
AMAZING ATHLETES OF EASTERN PA
TEAM NORTHAMPTON SPECIAL OLYMPICS - PA
GIRL SCOUTS OF EASTON WILSON SERVICE UNIT 704
KNIGHTS OF COLUMBUS UNION COUNCIL 345
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COMMUNITY YARD SALE / VENDOR FAIR

SATURDAY, OCTOBER 11TH, 2025

THE CHARLES CHRIN COMMUNITY CENTER
OF PALMER TOWNSHIP
WILL HOST THE FIRST EVER
COMMUNITY YARD SALE / VENDOR FAIR.

**SAVE THE DATE!
DETAILS TO FOLLOW.**

CALLING ALL TO
**COME
SELL
SHOP**



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St. Patrick's Day Zumba Event



Instructor: Lisa

When: Monday, March 17th

Time: 7:00PM-7:50PM

Where: Charles Chrin Community Center of
Palmer Township
4100 Green Pond Rd., Palmer, PA 18045



Wear your green!

Class Price: \$5

Fit Pass Members Free

We will have fun!

*St. Patrick's accessories for
each participant to wear!*



Self-Defense & Safety Awareness



Classes Held At

Charles Chrin Community Center

4100 Green Pond Rd - Palmer Township, PA 18045



Spring 2025 - 11 Week Session - Prepay \$180 or \$15 Registration & \$16 Weekly

Registration Begins Thursday April 3rd between 6:00 - 7:30pm

New Students / Late Registrations Accepted up to the 3rd Week! In person registration only, classes fill up quickly!

This Program is designed to enhance self-esteem, self defense, self-discipline and safety awareness! Self discipline and defense, rather than aggressiveness are promoted! A Master instructor teaches Martial Arts/Karate techniques for self defense only. Weekly safety flyers focus on a wide range of topics including stranger safety, fire safety and more. This is a continuing program, belts and stripes are awarded at the end of each semester.

REGISTRATION DAY ONLY - UNIFORM SPECIAL \$45, REGULARLY \$55

Classes are held only on Thursdays Starting April 10 thru June 26th (No Class April 17th)
CLASS TIMES

All New Students - 6:20 - 7:00PM - All Returning Students - 7:10 - 7:50 PM

Fun!

Self Defense!

Fitness!

Coordination!

DISCLAIMER: The activity, service, or message described in the material sent home with your child is not sponsored, endorsed or warranted by the Easton Area School District. The Easton Area School District has made no investigation or inquiry into the information provided. The distribution of this information is merely a convenience to the community provided in accordance with the policies of the Easton Area School District.

For More Information Please Text 610-533-9077

Autodefensa y conciencia de seguridad

Inscripciones y clases realizadas en:



Centro Comunitario Charles Chrin

4100 Estanque Verde Rd - Municipio de Palmer, PA 18045



**Primavera 2025 - Sesión de 11 Semanas - Prepago \$180
o \$15 Tarifa de inscripción y \$16 Semanal**

La inscripción comienza El Jueves 3 de Abril entre las 6:00 y las 7:30 p.m.

¡Se aceptan nuevos estudiantes/inscripciones tardías hasta la tercera semana! ¡Solo inscripción en persona, las clases se llenan rápidamente!

¡Este programa está diseñado para mejorar la autoestima, la autodisciplina y la conciencia de seguridad! Los estudiantes son ubicados en clases de acuerdo a su edad y habilidad. Un instructor Master enseña nivel principiante, intermedio y avanzado.

¡Técnicas de Karate/Artes Marciales solo para defensa personal! ¡Se promueve la autodisciplina y la defensa, en lugar de la agresividad! Los folletos semanales sobre seguridad se centran en una amplia gama de temas, incluida la seguridad de extraños, la seguridad contra incendios y más. Este es un programa continuo, los cinturones y rayas se otorgan al final de cada semestre.

SOLO EL DIA DE INSCRIPCION - ESPECIAL DE UNIFORME \$45, REGULARMENTE \$55

Se llevan a cabo clases solo en Jueves A partir de 10 de Abril a través de 26 de Junio (No hay clases el 17 de Abril)
HORARIOS DE CLASES

Todos los estudiantes nuevos - 6:20 - 7:00 PM Todos los estudiantes que regresan - 7:10 - 7:50

¡Divertida!

¡Autodefensa!

¡Aptitud física!

¡Coordinación!

AVISO: La actividad, servicio o mensaje descrito en el material enviado a casa con su hijo/a no está patrocinado, aprobado ni justificado por el Distrito Escolar del Área de Easton. El Distrito Escolar del Área de Easton ha hecho ninguna investigación o averiguación sobre la información proporcionada. La distribución de esta información no es más que una conveniencia para la comunidad proporcionada de acuerdo con las pólizas del Distrito Escolar del Área de Easton.

Para obtener más información, envíe un mensaje de texto al 610-533-9077

CAMP PALMER 2025

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Camp Palmer is open to students entering 1st through 6th grade in Fall 2025.

For more information on Camp Palmer, please go to palmercommunitycenter.org

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The After School Club at the Charles Chrln Community Center is a drop-in school age program available to students in Kindergarten through grade 5th. Drop-in hours are between 3:00 PM and 6:00 PM.

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THE CHARLES CHRIN COMMUNITY CENTER OF PALMER TOWNSHIP IS NOT A DAY-CARE AND PROVIDES NO DAY-CARE AS PART OF OUR PROGRAMMING.

REGISTER AT

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FUN PLACE TO PLAY AND BE SOCIAL!

Tumble Time! w/ Amazing Athletes

- Tumble Time is held weekly at Charles Chrin Community Center every Monday and Thursday. Time slots are 9:30am to 10:15am and 10:30am to 11:15am. NO SHOES on the mats.
- Cost is \$10.00 cash, paid at the front desk each week, or you can pay \$90.00 for a 10 visit punch card! Unstructured class where kids can roam free and explore, play and meet friends!
- Soft play, trampoline, balance beams, toys, balls, music and bubbles every class!
- Sports equipment for parents and children to play with at their own leisure (soccer balls/nets, footballs and basketballs)
- Children up to age 5 are permitted, although most equipment is best suited for 3.5 and under. Older children we recommend join our Amazing Athletes or Soccer Stars program!

Palmer Pool

Palmer Pool will be opening for the season on May 24th, 25th and Memorial Day, May 26th. Season passes will be sold at the Charles Chrin Community Center of Palmer Township starting March 1st. Current members watch your email inbox for your renewal information.

Follow us on Facebook or visit www.palmercommunitycenter.org for updates on CAMP PALMER and Palmer Pool.



OPEN GYM BASED ON AVAILABILITY, PLEASE CALL.

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Amazing Athletes is the premier multi-sport program for children ages 2-6 years old! We teach the basic fundamentals of 10 different sports in a fun, non-competitive environment where every kid can learn at their own pace! Text 908-291-2307 or email gcarmona@amazingathletes.com to set up a free trial class at any time! Classes running year round, see website for exact days and time slots for your age group!

To register, go to the following website:
www.amazingathletes.com/lehighvalley

Click on classes and then scroll down to find your Charles Chrin day and time!

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